

## MAKING A GOOD CONFESSION

1. Ask the Holy Spirit to help you know your sins, feel sorry, and trust in God's mercy.
2. Examine your conscience to find out your sins.
3. Be sorry for your sins. (Think of how Jesus loved you so much that he took all your sins to the Cross.)
4. Make up your mind not to sin again.
5. Tell your sins to the priest.
6. Do the penance the priest gives you.
7. Spend time thanking God for the mercy you received.

## HOW TO GO TO CONFESSION

1. Make the Sign of the Cross.
2. Tell the priest how long it has been since your last confession.
3. Tell the priest your sins, starting with the biggest ones (mortal sins). You can end with, "For these and all my other sins, I am very sorry."
4. Listen to the priest's advice and remember your penance.
5. Say an act of contrition.

## ACT OF CONTRITION

**O my God, I am heartily sorry for having offended Thee: and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they have offended Thee, my God, Who art all good and deserving of all my love. I firmly resolve with the help of Thy Grace to confess my sins, to do penance, and to amend my life. Amen.**

## BASIC EXAMINATION OF CONSCIENCE

1. Have I been kind in my actions? How have I been unkind?
2. Have I been truthful and kind in my words? When was I not truthful or kind?
3. Have I tried to be loving in my thoughts? Have I imagined or wished for something bad to happen to someone else?
4. How have I been spending my time? Have I fulfilled my responsibilities? What did I not do that I was supposed to do?
5. Have I taken time to be with God?

**To discover other ways you can turn away from sin and grow in God's love, you can look at how you've practiced the virtues:**

**Prudence** *allows you to see the right way—God's way— to act*

- Have I done things that are not safe?
- Have I spoken or acted without thinking?
- Have I been careless about following directions?
- Have I made others late by not thinking ahead?

**Justice** *allows you to act rightly toward God and others, treating them as you want to be treated*

- Have I *not* prayed every day?
- Have I tried to skip Mass or to make my family late to church? Have I been secretly glad when my family missed Mass?
- Have I been mean, rude, or unkind to anyone?
- Have I said unkind things about other people?
- Have I taken things without asking?
- Have I been selfish by refusing to share or to help others?
- Have I disobeyed my parents or teachers?
- Have I talked back to others?
- Have I avoided doing something I knew I should, like my chores?
- Have I refused to admit when I was wrong?

**Fortitude** *gives you the strength to do what is right, even when it is hard*

- When it was difficult, did I *not* try very hard to do the right thing?
- Have I *not* worked my hardest? Have I given up easily?
- Have I been jealous when others were praised?
- Have I acted impatient while waiting my turn?

**Temperance** *helps you to balance enjoying all the good things God has made*

- Have I eaten too much candy or sweets?
- Have I played when I should have been working?
- Have I lied?
- Have I bragged about myself? Have I shown off?
- Have I lost my temper?
- Have I been messy or careless with my belongings?

